



Tips & tricks for hellbenders on the move, shared from our own experiences. We are not experts and this is not medical advice - please always listen to your own body!

When staying in hotels, following a decon protocol can help make your life on the road easier.

- Always ask to see the room before you check in! A smile and explanation about “asthma/allergies/chemical sensitivity” can help smooth relations with the front desk clerk - and many will go out of their way to help. Try to time your check in to avoid a rush of guests checking in and out.

Once you’ve decided on a room, do a “room decon” to minimize your exposure to previous guests’ mold spores:

- Open all drawers & cabinets before you begin. If possible, open a window.
 - a. *Check out openmyhotelwindow.com for a list of hotels that have balconies and/or windows that open. If the air outside is good, bring it in! A room above street level is often better for this.*
 - b. *Using a small fan to bring fresh air in through the window can be very helpful.*
- First, lightly mist the room with Clean It! & Clear It! Sprays.
- While spraying CleanIt! And ClearIt! in the bathroom, turn the exhaust fan on so the fog is drawn through the fan. Shake out the shower curtain while spraying.
- Pay special attention to the A/C.
 - a. Turn the unit off. If applicable, pull air filter(s) out and clean them in the bathtub. Spray the entire filter with both sprays. Rinse and allow to dry completely before placing it back in the unit.
 - b. While the filters are still out, *lightly* spray Clean It! & Clear It! into the filter housing & vents so a light, fine mist is dispersed throughout. Wipe all reachable surfaces with a washcloth and allow it to air dry completely.
 - c. Use a flashlight to inspect - and don’t be afraid to request a different room if the A/C unit is bad.
- Mist all curtains, bed linens, and headboard. Spray the interior and housing of any fridge or microwave. *Microwaves in particular are often problematic and you may want to avoid using it at all.*
- Follow up by lightly misting the whole space and bed linens with Protect It! Spray.
- Requesting daily linen changes and switching rooms frequently can help if you’re staying in the same location for awhile.
- Follow a “decon protocol” of bagging up “outside” clothing for laundering and taking a shower whenever you return to your room. Keep a robe or set of clothes designated for wearing in the room. Leave shoes outside the door if possible.
- Make yourself a checklist - brain fog is real, and having a list to follow can help.

The purpose of this advice is to REDUCE the number of spores & mycotoxins in a space and to make it as mold-safe as possible. Mold lurks in the places we can’t see - and it really loves drywall and HVAC ducts.



The molds people are often the *most* reactive to is the type(s) that made them sick and sensitized from chronic exposure in the first place - and those spores will travel on anything that came from the place that made them sick.

We've come to believe that's why even an imperfect hotel room with some hidden mold can be MUCH better for healing than even the slightest exposure to the mycotoxins from home to which you're especially sensitized.

A 'clean break' is essential. Hellbender sprays can decontaminate most items that can be sprayed and wiped and Hellbender laundry solutions can decontaminate most items that can be laundered. Make sure that nothing comes into your room unless it's a) never been in the house or vehicle that was contaminated or b) has been decontaminated and no longer causes you to react.

Hang in there. It's a rough road but it CAN get better. Mold avoidance works. Hellbender products are tools that make mold avoidance easier and temporary spaces safer.

- No hotel is perfect. Here are some things to consider when making your choice:
 - a. Location is key. Look for a hotel in as clean of a location as possible. If you're in a city, try to get a room that is above street level.
 - b. Use Google maps to check potential locations for things like nearby factories, sewage treatment plants, railroad sidings, Retention ponds, and large agricultural fields. Try to stay as far away as possible. Trees are good and often provide some air filtration/protection.
 - c. Higher elevations are often better.
 - d. Hotel carpeting is always bad. Opt for rooms with tile or wood floors.
 - e. Some larger hotel chains offer an "enhanced clean" room with air purifiers for guests with allergies. You may also be able to request that housekeeping not use chemical cleaners.
 - f. Check ahead to see if you can find rooms with balconies or windows that open.
 - g. Remember: if the room's door opens into an interior hallway and the window won't open, then there is No Fresh Air coming into that space.
 - h. If possible, bring your own linens that you've laundered with CleanWash & ClearRinse. Sensitivities vary; depending on your level of reactivity the detergent/softener used by the hotel could be problematic.
 - i. Bring your own (pre-washed) pillow protectors and a cover to put over upholstered furniture. Prevent the "poof effect" of compressing a cushion and releasing other people's mold spores that have been trapped inside the stuffing.
 - j. Some hotels have salt water pools - these can be great for relaxing, detoxing and if you're reactive to chlorine.
 - k. Some hotels offer "pet friendly" - and follow stricter cleaning protocols for those rooms. If a hotel uses an ozone machine after guests who have a pet staying with them, this can have an added benefit of reducing mold spores as well. (This is very dependent on the individual hotel's cleaning protocols!)

One final piece of advice: do NOT doubt your own perceptions & intuition. No claims or expectations, cleaning protocols or tests can replace your own body's built in detection system. If it feels bad, go somewhere else.